

REGISTRATION

Registration begins at 7:30AM, Saturday, October 6, 2012, at
The New York Academy Of Medicine (NYAM)
1216 Fifth Avenue At 103rd Street
New York, NY

REGISTRATION FEES

- Professionals: \$195
- Students (Graduate Students, Analytic Candidates, Residents, And Fellows): \$110
(For instructions on confirming student status, see www.ppdassociation.org.)
- On-Site Registration: \$225
- To register online, go to www.ppdassociation.org

CANCELLATION POLICY

A \$50 fee will be applied to all refund requests.

LUNCH

Lunch is available on-site for \$15, payable at registration.
For more information about off-site lunch options see www.ppdassociation.org

HOTELS

For information about hotels see www.ppdassociation.org

CMES AND CEUS

CMES and CEUS are not available for this event.

Additional information can be found at the sponsors' websites:
Psychophysiologic Disorders Association (PPDA):
www.ppdassociation.org

New York University Postdoctoral Program In Psychoanalysis and Psychotherapy: www.postdocpsychoanalytic.as.nyu.edu

For Information about The New York Academy Of Medicine see: www.nyam.org

Conference Planning Committee: Frances Sommer Anderson, PhD, SEP, Chair;
Eric Sherman, PsyD, Co-Chair; David D. Clarke, MD; Alan Gordon, LCSW;
Dana Geva-Grofman, PhD; Neal May, PsyD; Forest S., MA, MS; Derek Sapico, MFT;
Jeffrey Wentzel, PhD
Technical assistance: Sergio Quiros

Cover art: *After a Night of Rain* (detail), Heidi Berrin Shonkoff
www.heidiberrinshonkoff.com

PPDA
2219 West Olive Ave #216
Burbank, CA 91506

WHEN STRESS CAUSES PAIN

*Innovative Treatments for
Psychophysiologic Disorders*

SATURDAY
OCTOBER 6, 2012
The New York Academy Of Medicine
1216 5th Avenue, New York, NY (at 103rd St.)
www.ppdassociation.org



WHEN STRESS CAUSES PAIN

*Innovative
Treatments for
Psychophysiologic
Disorders*

SATURDAY
OCTOBER 6, 2012
8:30 to 5:30 PM

The New York Academy Of Medicine
1216 5th Avenue, New York, NY (at 103rd St.)

Sponsored by the
New York University Postdoctoral Program In
Psychotherapy And Psychoanalysis
and
The Psychophysiologic Disorders Association (PPDA)



PROGRAM

8:30 – 8:45	OPENING REMARKS AND INTRODUCTIONS Lewis Aron, PhD, ABPP — Director of NYU Postdoc
8:45 – 9:30	Solving Medical Mysteries: Hidden Stresses and Unexplained Symptoms David D. Clarke, MD — PPDA
9:30 – 9:40	Psychophysiologic Disorders: A Patient’s Perspective Forest S., MA, MS — PPDA
9:40 – 10:25	Emotions Matter: New Research on Psychophysiologic Disorders Howard Schubiner, MD — PPDA
10:25 – 10:40	BREAK
10:40 – 12:10	Clinical Case: Mother’s Goody Girl, and Thereafter: Early Attachment Bonds and the Development of Somatic Symptoms Frances Sommer Anderson, PhD, SEP — NYU Postdoc and PPDA DISCUSSANTS: Mary-Joan Gerson, PhD, ABPP — NYU Postdoc Peter Zafirides, MD — PPDA David D. Clarke, PPDA Medical Consultant
12:10 – 1:40	LUNCH
1:40 – 2:55	KEYNOTE SPEAKER Raja Selvam, PhD Building Affect Tolerance through the Physiology to Reduce Psychosomatic Symptomatology: A Clinical Case Approach
2:55 – 3:10	BREAK
3:10 – 3:25	Peer Support for People with Psychophysiologic Disorders: A View from the Trenches Forest S., MA, MS — PPDA
3:25 – 5:15	Into, and Out of, the Rabbit Hole: Cascading Errors in the Diagnosis and Treatment of PPD Eric Sherman, PsyD — NYU Postdoc and PPDA DISCUSSANTS: Evelyn Rappaport, PsyD, SEP — NYU Postdoc Sharone Bergner, PhD — NYU Postdoc Alan Gordon, LCSW — PPDA Howard Schubiner, MD — PPDA Medical Consultant
5:15 – 5:30	CLOSING REMARKS Spyros Orfanos, PhD, ABPP — NYU Postdoc Clinic Director



Lewis Aron, PhD, Director of the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, was founding president of the International Association for Relational Psychoanalysis and Psychotherapy (IARPP) and formerly President of the Division of Psychoanalysis (39) of the American Psychological Association. Recognized internationally as a teacher and lecturer on psychotherapy and psychoanalysis, he teaches numerous ongoing study groups to professional therapists. Dr. Aron, in the private practice of psychotherapy and psychoanalysis in Port Washington and New York City, also provides consulting and development services to executives, businesses, associations, and organizations. His most recent book, *A Psychotherapy for the People: Toward a Progressive Psychoanalysis*, is co-authored with Karen Starr.



David D. Clarke, MD, is a Clinical Assistant Professor of Gastroenterology Emeritus and Senior Scholar at the Center for Ethics at Oregon Health & Science University (OHSU). A founding member of the board of directors, he is President of the Psychophysiologic Disorders Association (US), Clinical Advisor to the Stress Illness Recovery Practitioners Association (UK) and a Clinical Lecturer with Pacific University. Board-certified in Gastroenterology and Internal Medicine, his book *They Can’t Find Anything Wrong!* was praised by a past president of the American Psychosomatic Society as “truly remarkable.”



Forest S., MA (economics), MS (mathematics), first began experiencing PPD symptoms at the age of 16. They spread from his fingers to his thumbs, shoulders, neck, upper back, voice box, right knee, and plantar fascia. For over a decade, his ability to handwrite, use a computer, or maintain certain postures was significantly limited. He recovered from his symptoms in 2008 using the approaches discussed at this conference. Following his recovery, he founded the PPD/TMS Peer Network, now found at tmswiki.org. He is working on his doctoral dissertation at Boston University, where he studies health economics and finance.



Howard Schubiner, MD, is board-certified in pediatrics, adolescent medicine, and internal medicine. He was a Professor at Wayne State University for 18 years and now works in the Internal Medicine department at Providence Hospital in Southfield, MI, where he directs the Mind Body Medicine program. Dr. Schubiner is an active educator, clinician and researcher and has authored over 60 publications in scientific journals and books. He has been granted several million dollars by the National Institutes of Health to conduct research studies of an emotional expression intervention for individuals with fibromyalgia, which is a psychophysiologic disorder. Dr. Schubiner is a founding member of the board of directors of the PPDA.



Frances Sommer Anderson, PhD, a psychoanalyst and licensed psychologist in private practice in New York City, also holds a practitioner certificate (SEP) from the Somatic Experiencing® Trauma Institute. Specializing in treating pain and other mindbody disorders since 1979, she integrates relational psychoanalytic theory, research in the neuroscience of emotional and cognitive processing, and the neurobiology of attachment, trauma and pain. She has been recognized internationally for her experiential teaching style and for leading edge publications regarding the body in psychoanalytic theory and practice: *Relational Perspectives on the Body* (1998, co-edited with Lewis Aron) and *Bodies in Treatment: The Unspoken Dimension* (2007). Her forthcoming book, *Pathways to Pain Relief*, is co-authored with Eric Sherman, PsyD. She is a founding member of the board of directors of the PPDA.



Mary-Joan Gerson, PhD, ABPP, a psychoanalyst and recognized expert in couple and family therapy, is a Supervisor, Adjunct Clinical Professor and Director of the Advanced Specialization in Couple and Family Therapy at the NYU Postdoctoral Program and a Supervisor at National Institute for the Psychotherapies. In the Division of Psychoanalysis (3) of APA, Dr. Gerson is Founding Co-Chair, Committee on Psychoanalysis and Health Care and Founding President of Section 8, Couple and Family Therapy. She has presented nationally and internationally on the integration of psychoanalytic, family systemic and attachment theory, and published numerous articles with this focus, including a book, *The Embedded Self*, 2nd edition (2009). On the teaching faculty of Mount Sinai School of Medicine, she has presented and published numerous articles focusing particularly on the relationship aspects of coping.



Peter Zafirides, MD, board certified in psychiatry and neurology, is President & Medical Director of Central Ohio Behavioral Medicine, Inc. (COBMI), a premier behavioral healthcare practice established in 1997 that includes a multidisciplinary group of MD, NP, RN, PhD, LISW, and LPCC clinicians. A Clinical Assistant Professor of Psychiatry at Ohio State University, he is also founder of *The Healthy Mind Network* and host of the weekly online broadcast, “The Healthy Mind with Dr. Zafirides”. His area of interest within psychiatry is the mind-body role of emotions in physical illness – specifically chronic pain, publishing and lecturing both nationally and internationally on this topic. He is a member of the board of directors of the PPDA.



Raja Selvam, PhD, is a senior Somatic Experiencing® (SE) trainer. He teaches throughout the US, Europe, Brazil and Asia. Developer of Integral Somatic Psychotherapy (ISP) and Integral Trauma Resolution (ITR), his approach draws from bodywork systems of Postural Integration and Biodynamic Cranio-Sacral Therapy, body-psychotherapy systems of Bioenergetics and Biodynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations and Inter-Subjectivity, Somatic Experiencing (SE), Affective Neuroscience, and Advaita Vedanta, a spiritual tradition from India.



Eric Sherman, PsyD, a licensed psychologist and psychoanalyst, is in full-time private practice in New York City. While specializing in the assessment and treatment of pain syndromes and other psychophysiologic disorders, he also treats individuals with physical disabilities, cancer, and other serious medical illnesses. Dr. Sherman holds a certificate of Specialization in Psychoanalysis and Psychotherapy from the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. A founding member of the board of directors of the PPDA, he is also co-author with Frances Sommer Anderson, PhD, of the forthcoming book, *Pathways to Pain Relief*.



Evelyn Rappaport, PsyD, a clinical psychologist and graduate of the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, is in full time private practice in New York City. She is also a somatic experiencing® practitioner (SEP) and a clinical supervisor at Yeshiva University and Pace University. Treating individuals, couples and families, she has more recently specialized in trauma resolution and is integrating somatic, embodied experiences with relational psychoanalysis. Author of a number of articles currently in press, she travels between New York and Jerusalem to lecture and consult to trauma coalitions and community centers. Dr. Rappaport is also on the board of the International Trauma Institute where she is developing programs in emotional first aid.



Sharone Bergner, PhD, is a member of the faculty at both the Institute for Psychoanalytic Training and Research and NYU’s Postdoctoral Program in Psychotherapy and Psychoanalysis. She has written about theory, fantasy and the therapeutic context in times of bodily dysfunction, and has trained and worked in medical settings including those of oncology, primary care, and women’s reproductive health.



Alan Gordon, LCSW, a psychotherapist in Los Angeles, CA, specializing in the treatment of chronic pain, is Adjunct Lecturer in the Department of Social Work at the University of Southern California. He has authored publications on the treatment of chronic pain and lectured on the topic of pain treatment at hospitals, mental health facilities, and pain centers throughout California. He served as the Chair for the Mind-Body Conference in Los Angeles in 2010 and is a founding member of the board of directors of the PPDA.



Spyros D. Orfanos, PhD, ABPP, Clinic Director at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, has held numerous leadership positions in major contemporary psychoanalytic organizations, including President of the International Association for Relational Psychoanalysis and Psychotherapy; Board of Directors, The Stephen Mitchell Center for Relational Studies; Former President of the Division of Psychoanalysis (39) of the APA; the Academy of Psychoanalysis; and the American Board of Professional Psychology. Author of numerous publications on clinical process, creativity, and culture and arts, he is in independent practice in NYC and Montclair, NJ, treating infants, children, adolescents, and adults.